


























**What is your food mileage?** Circle ingredients for your main dish, sides, and flavorings from this table to make a nutritious and delicious meal. When you are finished turn over the worksheet and calculate your food miles.

 <p>Pepper</p>	 <p>Asparagus</p>	 <p>Broccoli</p>	 <p>Carrots</p>	 <p>Mixed Greens</p>
 <p>Pinto</p>	 <p>Beef</p>	 <p>Chicken</p>	 <p>Salmon</p>	 <p>Tofu</p>
 <p>Corn Tortillas</p>	 <p>Potato</p>	 <p>Sweet Potato</p>	 <p>Rice</p>	 <p>Egg Noodles</p>
 <p>Salt</p>	 <p>Red Chile</p>	 <p>Olive Oil</p>	 <p>Lemon</p>	 <p>Cashew Nuts</p>
 <p>Black Pepper</p>	 <p>Soy or Tamari Sauce</p>	 <p>Garlic</p>	 <p>Onion</p>	 <p>Balsamic Vinegar</p>

Food Item	Where it comes from	Mileage	Miles
Sweet Peppers	Many sweet peppers found in our local stores are grown in Holland.	5,148	
Asparagus	Winter asparagus is commonly grown in Jose Sixto Verduco, Mexico.	1,252	
Broccoli	Yuma, Arizona is the winter vegetable capitol of the world.	603	
Carrots	Carrots are grown and sold locally at various groceries and farmers markets in the winter.	20	
Mixed Greens	Mixed greens are grown and sold locally at various locations through the winter.	20	
Pinto Beans	Pinto Beans are grown and sold locally at various locations throughout the year.	20	
Beef	Beef is produced locally and can be purchased at various locations.	20	
Chicken	Chicken is grown and sold locally.	20	
Salmon	Alaska is the main source of fresh and frozen salmon. A major distributor is in Hyder, Alaska	2,456	
Tofu	Tofu is produced in many locations in the US. One of the top brands comes from Ayer, MA.	2,220	
Corn tortillas	Many brands of corn tortillas or sold locally or perhaps you make your own.	20	
Fingerling Potatoes	Fingerling potatoes are grown and sold locally on 4 farms.	20	
Sweet Potatoes	Sweet potatoes are grown and sold locally on 6 farms.	20	
Rice	One of the largest rice producers in the US is located in Richvale, California	1,152	
Egg Noodles	A brand sold locally in the grocery is made in Fredericksburg, Ohio	1,558	
Salt	If you purchase Morton salt, chances are it came out of the mine 2,000 feet under Lake Erie near Fairport Harbor, Ohio. If you use Himalayan Pink Salt, a major source is Khewra Salt Mine in Punjab, Pakistan.	Local: 1,626 Himalayan: 12,477	
Red Chile	Red or green both are grown and sold locally.	20	
Olive Oil	One large US olive oil producer and consolidator is located in Chico, California.	1,172	
Lemons	Mesa, Arizona is a large citrus production area.	408	
Cashew Nuts	Viet Nam is the largest cashew producer in the world followed by Nigeria and India.	8,339	
Black Pepper	Viet Nam is the largest producer of black pepper in the world.	8,339	
Pinto Beans	Pinto beans are grown and sold locally	20	
Soy/Tamari Sauce	One of the most available brand of soy and tamari sauce is produced in Japan.	5,981	
Garlic	Garlic is grown and sold locally.	20	
Onions	Onions are grown and sold locally.	20	
Balsamic Vinegar	Many of the most popular brands of balsamic vinegar come from Italy.	5,871	
Write your miles in the far right column and add them up for your food miles.			

Food Item	Recalculate with items you could grow at home	Mileage	Grow at home	Miles
Sweet Peppers	Many sweet peppers found in our local stores are grown in Holland.	5,148	0	
Asparagus	Winter asparagus is commonly grown in Jose Sixto Verduco, Mexico.	1,252	0	
Broccoli	Yuma, Arizona is the winter vegetable capitol of the world.	603	0	
Carrots	Carrots are grown and sold locally at various groceries and farmers markets in the winter.	20	0	
Mixed Greens	Mixed greens are grown and sold locally at various locations through the winter.	20	0	
Pinto Beans	Pinto Beans are grown and sold locally at various locations throughout the year.	20	0	
Beef	Beef is produced locally and can be purchased at various locations.	20		
Chicken	Chicken is grown and sold locally.	20		
Salmon	Alaska is the main source of fresh and frozen salmon. A major distributor is in Hyder, AK	2,456		
Tofu	Tofu is produced in many locations in the US. One of the top brands comes from Ayer, MA	2,220		
Corn tortillas	Many brands of corn tortillas or sold locally or perhaps you make your own.	20		
Potatoes	Fingerling potatoes are grown and sold locally on 4 farms.	20	0	
Sweet Potatoes	Sweet potatoes are grown and sold locally on 6 farms.	20	0	
Rice	One of the largest rice producers in the US is located in Richvale, California	1,152		
Egg Noodles	A brand sold locally in the grocery is made in Fredericksburg, Ohio	1,558		
Salt	Morton salt, it came out of the mine 2,000 feet under Lake Erie near Fairport Harbor, Ohio. Himalayan Pink Salt, a major source is Khewra Salt Mine in Punjab, Pakistan.	Local: 1,626 Himalayan: 12,477		
Red Chile	Red or green both are grown and sold locally.	20	0	
Olive Oil	One large US olive oil producer and consolidator is located in Chico, California.	1,172		
Lemons	Mesa, Arizona is a large citrus production area.	408		
Cashew Nuts	Viet Nam is the largest cashew producer in the world followed by Nigeria and India.	8,339		
Pepper	Viet Nam is the largest producer of black pepper in the world.	8,339		
Soy Sauce	One of the most available brand of soy and tamari sauce is produced in Japan.	5,981		
Garlic	Garlic is grown and sold locally.	20	0	
Onions	Onions are grown and sold locally.	20	0	
Balsamic Vinegar	Many of the most popular brands of balsamic vinegar come from Italy.	5,871	0	
Write your miles in the far right column and add them up for your food miles. Compare your results.				